



THE LOCAL HEALTH LINK

Stimulating Shorts from Frankfort

INFORMATION FROM FRANKFORT

- the following is copied from an August 29, 2001 email sent to DPH staff and LHD directors by Rice C. Leach, MD, Commissioner, Dept for Public Health

The Governor's office has announced that Marcia R. Morgan is no longer the interim secretary, **Marcia R. Morgan is THE Secretary**, Cabinet for Health Services. Congratulations to her. She is leading the CHS through its most difficult period and is doing so with diplomacy and caring. We all need to continue to give her our support because given the fiscal information below things are likely to get tougher before they get better.

CONTENTS

ACH Anecdotes.....	2
Central Office Comments....	3
Epi Epistles	5
PHPS Passages.....	6
Staff Spotlight.....	8
Training Tidbits.....	12

Comp Time and overtime

The early experience with our collective statewide effort to control comp time and overtime is likely to save the state \$24 million this fiscal year. That is enough to run the Frankfort staff of the DPH for nearly 12 months...not something to sneeze at. Everyone needs to anticipate that this will continue until such time as state revenues start climbing. No one is predicting that that will happen in the near term.

All supervisors need to know that all employee time must be accurately maintained on their time sheets and that employees must be compensated for any overtime. It also means that supervisors must ensure that employees leave the premises at the end of their duty hours. It appears that some parts of state government have found instances where supervisors failed to record hours properly, maintained off record accounts of time and attendance, and have been

disciplined as a result. It is the supervisor's responsibility to see that staff work their assigned duty hours. Commissioners and Office Directors were informed that supervisory failure to ensure that time and attendance is properly documented may find that the failure is a basis for adverse personnel action. Translation: Make sure folks go home at the end of the day and be sure that the official time sheet reflects the truth.

Fiscal situation:

Division Directors: The fiscal outlook is no better so absolute and total success is hanging on to what you have. One person's expansion will be someone else's lost continuation...so think efficiency, mandates, support of programs. **Local Health Department Directors...**any thoughts you have on how your shop, our shop, or collectively we can cut out waste will be appreciated. The group working

the cash flow issue decided this morning that resolving this issue will require a reworking of the budget process and the close out process. **Branch Chiefs:** Everyone seems to acknowledge that the way we require local health departments to prepare their budgets could stand some streamlining so be prepared to think out of the box in terms of how we present our programs to the feds in the grant proposals, to the legislature in terms of outcomes for dollars invested, and to each other. Surely we can find a way to write less labor intensive descriptions focused on public health outcomes requiring less cumbersome MOA processing and easier documentation so we can apply more of our energy to improving health and less of it toward counting process activity.

Electronic media and government:

We had a really meaningful presentation on government by electronic means from GOT. All of us must start thinking about how to let the end user a.k.a. customer enter the demographic data, select the service, and have the electronic media do the work. We were told that the Revenue Cabinet processed nearly 500,000 electronic claims with only 15 errors (usually they have a 15% error rate on paper filing) with only 1.5 FTE. I am sure I have some of these numbers wrong but the point is that government can go paperless and save millions of dollars in the process. FedEx saved \$20 million a year by giving its customers direct internet access to their package tracking computer. **Board of Health Appointments--an electronic business opportunity waiting to happen. I**

just called the governor's office to expedite a board of health appointment that must have been typed or handwritten several times. Why can't people wanting to be on a board of health complete the application from the Internet and forward it to the appropriate people who could determine which candidates should go to the governor electronically for approval and back to me electronically for appointment which would automatically generate the appointment administrative order and letter which then go into an electronic file and.....we could get this work done in days instead of the current months. All it would require is a few internal programs to rearrange the data submitted by the person making the application.

Federal Budget:

There are very few business days left for Congress to set the Federal Budget for FY 2002 so there is concern that federal funds may not flow as readily as we need for them to move. For that reason, Secretary Morgan has requested that each **commissioner** provide the names, office addresses, and telephone numbers of our principal contacts in Washington. **Division Directors** this means people like Director MCH, Administrator HRSA, DC liaison CDC and any others with whom we do business. It does not mean the individual grant project officer. For CDC give me the center directors for chronic, immunizations, etc. **Donna Mulder** will coordinate my response which is due next Tuesday, September 4, 2001 so send her those names, addresses, and telephone numbers. Thanks

ACH Anecdotes

Maternal and Child Health Conference Starts Sept. 19:

The Kentucky Department for Public Health, Division of Adult and Child Health, announces the 44th Annual Maternal and Child Health Conference entitled **"Achieving Objectives in Maternal and Child Health: What Gets Measured Gets Accomplished"**.

The conference will begin on the morning of Sept. 19 with an address by Dr. Peter C. van Dyck, associate administrator for the Maternal and Child Health Bureau, Health Resources and Services Administration (HRSA), Department of Health and Human Services.

Conference attendees will learn about Federal Maternal and Child Health objectives and what progress is being made in the health of our maternal and child population. Other topics include Obesity in Children, Women's Health, How People Learn, and the Effects of Tobacco on Birth Outcomes.

Other sessions will cover Infant Mortality; Maternal Health; Measuring Success in Maternal and Child Health; Child Health and Development; Maternal and Child Nutrition and Community-Based Health.

The cost of the conference is \$ 35 for all three days and \$ 45 if you register at the conference. It will be held at the Galt House in Louisville Sept. 19-21. For more information, call Lorie Wayne Chesnut at 502-564-2154.

Central Office Comments

Public Health Takes Part in CDC Bioterrorism Exercise:

At noon Friday, August 17 the Department for Public Health was advised that downtown Louisville was the site of a possible act of bioterrorism and that dozens of severely ill people were reporting to emergency rooms. Health officers from Jefferson County contacted Dr. Rice Leach and other employees of the Department of Public Health to alert them to the drill and to initiate a national response to the problem. By the time the drill ended on Saturday, Kentucky had become the first state to activate the federal "push pack" pharmacy response and actually receive and disperse containers of medical supplies for community use. The exercise, run by the Centers for Disease Control and Prevention, was designed to test the ability of federal, state, and local agencies to respond effectively to bioterrorism. Agencies involved in the exercise included the CDC, the Kentucky Air National Guard at the Louisville Airport, Kentucky State Police, Kentucky Disaster and Emergency Services, Jefferson County Emergency Operations, the Jefferson County Police Department, Health Department, Fire Department, Water and Sewer Services and Emergency Services, the FBI, the Agency for Toxic Substances and Disease Registry, the Food and Drug Administration, the National Institutes Occupational Safety and Health and many others.

The mock situation involved an early morning fire at a downtown

hotel that resulted in evacuation of the building, the subsequent discovery of a strange aerosol device, and a threatening note from a known terrorist group claiming to have set off the device. The officials were faced with a scenario of patients presenting symptoms related to gastrointestinal illness and, as the situation progressed, two deaths and over a hundred patients with similar complaints.

By late afternoon material taken from the device had been found to contain a form of bacteria known to cause severe respiratory disease. Participants had to make tough decisions on a number of issues, including closing sections of interstate highways, evacuating people and keeping the public advised without creating panic. Many of the decisions were acted out on paper. However, the primary agencies involved performed the same tasks they would have done in the event of "the real thing."

The Governor's security detail, the Community Crisis Response Teams, and many other components of state and local government got telephone calls during the afternoon, evening, and early morning hours and dozens of public servants pulled 24+ hour shifts.

The logistics of moving tons of medical supplies from an out of state storage site to Louisville, repackaging the materials into patient doses, and distributing them throughout Louisville with law enforcement escort were all tested.

CDC operational and EIS officers traveled from Atlanta to Louisville,

Dr. Leach reported to the National Guard at Louisville to receive the shipment and oversee certain clinical aspects of its handling, and the state Emergency Operations Center maintained contact throughout the exercise.

By Saturday morning, Kent Gray of the CDC determined that the exercise had been a success. He reported that this is the first time anywhere in the United States that a state had mounted this kind of coordinated effort to assess a potential terrorist situation.

"Kentucky made emergency prepared history last weekend," Dr. Leach said. "Its encouraging to know that so many people can come together in a cooperative fashion when it counts."
- excerpted from the August 20, 2001 *CHS Checkup*, edited by Gil Lawson, Office of Communications

Budget Steps Taken By Gov. Patton

Governor Paul Patton this week issued directives to state government agencies related to personnel, travel and vehicle management to address the projected revenue shortfall for Fiscal Year 2002.

"I have asked all state agencies to take some basic steps to help ensure my overall goal of preventing employee layoffs and to protect state employee's annual 5 percent pay increment this year," Governor Patton said.

Patton directed all state agencies to suspend, as of July 1, 2001 all merit base pay increases as well as discretionary payments for accrued compensatory time. Overtime will not be allowed, unless authorized

by a supervisor and only in cases to prevent or eliminate life-threatening, safety or health situations.

Combined, these activities cost the Commonwealth approximately \$45 million dollars in FY 2001. In addition, the Governor has asked each cabinet to analyze their employee travel and state vehicle expenditures. Upon completion of this analysis, a written summary of actions deemed appropriate to produce cost savings in these budget areas will be submitted to the Governor.

"While no final decisions have been made on budget cuts for FY 02, I do expect to make recommendations to the Governor before the end of the month," said state budget director Dr. Jim Ramsey. "However, as we begin the new fiscal year it is imperative for us to implement cost reduction measures such as those the Governor instituted today."

Acting Health Services Secretary Marcia Morgan is asking CHS managers to closely watch employee time. Overtime must be approved in advance. CHS also plans to ask the Transportation Cabinet to study the cabinet's use of state vehicles, she said.

Morgan also asked all CHS offices to only make purchases that are absolutely necessary. CHS still plans to participate in the State Fair in August. Employees who work at the fair will have to count the time as part of their regular work week — meaning they will not earn comp time or overtime — during the State Fair.

Morgan said CHS will have to make use of flex time. For

example, if someone works at the state fair on a Saturday, they would have to take another day off during the work week.

- excerpted from the July 2, 2001 CHS Checkup, edited by Gil Lawson, Office of Communications

Public Health Practice Reference Being Sent to Local Health Departments:

The Public Health Practice Reference, a set of clinical and service guidelines for local health departments, has been developed by the Department for Public Health.

These guidelines are essentially "our guarantee" to the citizens of what will be provided at local health departments, according to Dr. Rice Leach, Commissioner of the Department for Public Health. For example, the reference includes a list of what a local health screening visit may include — such things as checking for relatives with diabetes, the patient's blood pressure and weight. The reference is a list of basic guidelines for providing quality care.

"It's the basis of our accountability," said Sarah Wilding, chief nurse for the department. Wilding, Deputy Commissioner Sharon Stumbo and staff from the department as well as local health departments developed the reference.

The reference is being sent out to local departments on computer discs, making it easy to find topics. There is also a process for making changes and updates in the reference so that changes are consistent.

Dr. Leach, in a recent meeting with department staff, urged employees to help local departments become familiar with the reference.

For more information, contact Wilding at 502-564-3970 or email her at

Sarah.wilding@mail.state.ky.us

- submitted by Sarah Wilding, Commissioner's Office

Boat Safety Urged During The Summer:

With summer upon us, thousands of boaters will be enjoying Kentucky's lakes and waterways. The Kentucky Department for Public Health and the Department for Fish & Wildlife Resources want boaters to have a safe summer.

"Water and boating can be great fun for families, but you must use some good judgment to make it safe," said Dr. Rice Leach, the commissioner for the Department for Public Health. "We encourage boaters to follow some simple safety tips to make sure their families have a safe summer."

Here are a few safety tips if you plan to be on or around the water this summer:

- Watch out for carbon monoxide near and under the swim deck at the stern when boat engines and generators are in operation. The Department for Public Health and Department of Fish & Wildlife Resources issued 50,000 flyers at Kentucky marinas this spring as part of an effort to educate boaters about carbon monoxide. This followed reports of deaths due to carbon monoxide poisoning

in other states and an investigation by the National Institutes of Occupational Health and Safety.

- Adults should watch children while they swim or while they ride in boats.
- Alcohol and water can be a dangerous mix. Anyone operating a boat or swimming should not be drinking alcohol.
- Boaters should observe warnings and avoid hazards such as turbulence near a dam.
- Passengers on boats should sit in approved areas. Riding on decks and gunwales is dangerous. Approximately half of boating fatalities result from falls overboard.
- Wear a life preserver when in a small boat. All passengers under 12 years old are required by law to wear life preservers when riding in open boats.
- Make for shore during electrical storms.

- extracted from a June 29, 2001 news release written by Gil Lawson, Office of Communications

EPI Epistles

Kentucky Department for Public Health Honored For HIV Efforts:

The Kentucky Department for Public Health has been recognized by a national organization for its efforts to encourage people to get tested for HIV.

The National Association of People With AIDS gave a Life Award to the department at June 21 ceremonies in Washington, D.C.

Three Life Awards are given each year -- one to an HIV positive individual, one to a community based organization and one to a state health department for conducting an innovative National Testing Day campaign.

Tom Collins, HIV Prevention Initiatives Coordinator, who has served as Kentucky's team captain for National HIV Testing Day for the past three years, accepted the award on behalf of the department, the local health departments, community-based organizations, and the media outlets that made the campaign a success.

"Even though our Testing Day Campaign has been recognized by NAPWA as one of the most successful in the country, our work is not yet over," Collins said. "Instead of resting on our laurels, let us use this award to encourage us do a better job with each campaign."

During June of 2000, the 42 participating local health departments and the six community organizations were able to conduct 1,253 HIV antibody tests. In addition to traditional testing in clinics the campaign included testing in sites as varied as African American churches to bars and night clubs, at sporting and social events, and even at traffic court.

"It is an honor for Kentucky to receive this recognition. The key word here is 'Kentucky' because honors like this come when patients, physicians, hospitals, advocates, policy makers, public health and lots of others pull together," said Dr. Rice C. Leach, Commissioner of the Department for Public Health. "It is the kind of

group effort that will enable us to make continued progress against HIV and AIDS."

The annual "Take the Test, Take Control" campaign began in 1995.
- extracted from a June 6, 2001 news release written by Tom Collins, Division of Epidemiology

African American Leadership Conference on HIV/AIDS to Feature Patti LaBelle Concert:

The Kentucky Department for Public Health and the Jefferson County Health Department will sponsor the **2001 Kentucky State African American Leadership Conference on HIV/AIDS** on Friday, Saturday, and Sunday, September 7th, 8th, and 9th, at the Kentucky International Convention Center in Louisville. Registration for the conference is free. **To register, phone (502) 574-8046.**

The conference is designed to increase HIV awareness in the African American community throughout Kentucky and to train a cadre of leadership that will bring the HIV prevention message to churches, schools, and other institutions. Although African Americans represent approximately 19 percent of the state's population, they have approximately 40 percent of all new HIV cases across Kentucky. The conference is expected to draw participants from states throughout the southeast and the Midwest.

The Conference will include sessions on the *Church's Response to HIV/AIDS*, *Substance Abuse and HIV*, and *Mobilizing Communities to Respond to HIV/AIDS*. The youth component of the conference will feature a

talent contest that will award free time at a professional recording studio in Louisville.

Singer **Patti LaBelle** will perform at the Kentucky International Convention Center on Saturday, September 8th at 8:30 p.m. as part of the African American Leadership Conference. Ms. LaBelle is a former spokesperson for the National Minority AIDS Council and will incorporate an HIV prevention message and the need to be tested for HIV into her program. The Jefferson County Health Department and other HIV prevention programs will provide free HIV testing at the Patti LaBelle concert. Tickets to the concert are \$45. Proceeds from the concert will fund HIV prevention efforts across the state.

It is not necessary to register for the African American Leadership Conference to purchase tickets to the Patti LaBelle Concert. Conference registration is free, but tickets to the concert are \$45 each. Tickets are now on sale to the public at all TicketMaster outlets throughout Kentucky or may also be purchased on line at www.ticketmaster.com

- extracted from an August 21, 2001 news release written by Gil Lawson, Office of Communications

PHPS Passages

Summer Food Safety Tips From The Department for Public Health:

Since food is a frequent part of the Fourth of July holiday and the summer months, it's a good time to go over a few food safety tips to make sure Kentucky families stay healthy.

"During the summer months and especially during the 4th of July holiday, a great number of families and gatherings will be cooking out and handling foods for meals," said Guy Delius, manager of the Food Safety Branch in the Department for Public Health.

The Cabinet for Health Services wants to remind Kentucky cooks of some general food safety tips in hopes of ensuring safe, healthy meals. Follow these keys to food safety and you will help provide safe meals at your gatherings.

WASH HANDS: Before eating, before preparing food, after using the bathroom, handling raw meat or poultry, changing diapers, and after handling pets. Use soap, hot water and paper towel to dry hands. Please remember to WASH raw fruits and vegetables prior to consuming.

CLEAN AND SANITIZE FOOD CONTACT SURFACES

OFTEN: Sanitizing may be accomplished by using a solution of regular household bleach and warm water (1 tablespoon per 2 gallons of water) as a final immersion sanitizing rinse or by spraying or swabbing washed and rinsed surfaces.

SEPARATE -- DON'T CROSS CONTAMINATE:

Separate raw from ready to eat foods; use a different utensils and cutting boards or plates between raw and cooked foods or, wash, rinse and sanitize the utensils/plates after contact with raw meat, poultry and seafood.

COOK: HEAT AT LEAST TO THESE PROPER TEMPERATURES

Meat, pork and fish
145° F. for 15 seconds

HOT DOGS

Ground meat, fish
155° F. for 15 seconds
BURGERS

Poultry
165° F. for 15 seconds
CHICKEN

Eggs-yolk and white firm
155° F. for 15 seconds

Left-overs (reheating)
165° F. for 15 seconds

TO ENSURE PROPER INTERNAL PRODUCT TEMPERATURE OF FOOD, A METAL STEMMED, DIAL-TYPE THERMOMETER SHOULD BE USED.

CHILL- REFRIGERATE

PROMPTLY: Don't leave potentially hazardous foods out of temperature before or after cooking; refrigerate within 2 hours (left-overs) 41° F. or below.

- extracted from a July 2, 2001 news release written by Guy Delius, Division of Public Health Protection and Safety

STATE AGENCIES REISSUE OHIO RIVER FISH CONSUMPTION

ADVISORIES:

The Kentucky departments of Public Health, Environmental Protection and Fish and Wildlife today reissued fish consumption advisories for the Ohio River bordering Kentucky. These advisories continue, with minor changes, from last year's advisory for some fish species caught in the Ohio River.

In 1998 the advisories were changed from an "eat" or "don't eat" style to one which provides

information on the risk, or amount of fish that can safely be eaten.

These advisories are based on the agencies' review of fish tissue information provided mainly by the Ohio River Valley Water Sanitation Commission (ORSANCO). The data used are from the years 1995-2000 for all listed species except paddlefish, which were sampled in 1991, 1998, 1999 and 2000. Fish were collected from diverse areas of the river, including lock chambers. Each type of fish was tested for organic chemical contaminants such as PCBs, chlordane and in limited areas, dioxin and heavy metals (mercury, cadmium and lead).

"Even though PCBs and mercury remain the main contaminants of concern from a public health perspective, it's good to know that the levels of some contaminants have decreased to the point that many kinds of fish are now safe to eat at the advised frequency," said Dr. Rice Leach, Commissioner for the Department for Public Health. "For example, chlordane has been removed as a contaminant of concern."

Levels of chlordane in the Kentucky portion of the river have decreased over the years since these advisories were first issued.

Following are consumption precautions for various tested species in three areas (Upper, Middle and Lower) of the Ohio River bordering Kentucky. If a species is not listed, no data are available.

The agencies have developed a protocol based on the U.S.

Environmental Protection Agency and Great Lakes Protocol risk-based guidelines for contaminants. States bordering Kentucky and the Ohio River also are now using this risk-based protocol which better protects unborn and infant children. This risk-based protocol provides information for two populations. One is for the general population. The other is for a special population, which includes pregnant women, nursing mothers and their infants, and children. Women who may be or plan to become pregnant should also consider the special population advice.

People who frequently eat fish, women of childbearing age and children are particularly susceptible to contaminants that build up in the body (such as PCBs and mercury). For this reason these individuals should follow the special population advisory.

Women beyond their childbearing years and men face fewer health risks from contaminants. However, those persons should follow the general population advisory to reduce their total exposure and be especially careful to space out meals over time. Spacing out meals helps prevent contaminants from building up to harmful levels in the body.

If most of the meals you eat are from the "one meal per week" category, you should not exceed 52 meals per year. Likewise, if most of the fish you eat are from the "One meal per month" category, you should not exceed 12 meals per year. Eating one meal of fish from the "one Meal per Month" category is equivalent to eating four fish meals from the "one Meal

per Week" group. For some species, the advice is based on the size of the fish, and relates to a meal of ½ pound of fish (before cooking) eaten by a 150-pound individual.

PLEASE SEE LAST PAGE FOR THE RISK-BASED GUIDELINES FOR CONTAMINANTS AND CONSUMPTION OF FISH

In April 2000, a statewide mercury advisory was issued for all freshwater fish from Kentucky waters, including the Ohio River. Women of childbearing age and children 6 years and younger should eat no more than one meal per week of any freshwater fish.

Proper cleaning, skinning, trimming and cooking can reduce contaminant levels in the fish. Eat only skinless, boneless fillets with as much fat as possible removed. Do not eat the skin, which can contain higher levels of fat. Eggs should be discarded. Roasting, baking or broiling has been found to reduce the levels of PCBs and chlordane more than other cooking methods. Cooking does not destroy the contaminants, nor does it lower their toxicity. The heat melts some of the fat in the fish, removing some of the contaminants at the same time. Do not eat or reuse the fat and juices that cook out of the fish. **Cooking will not reduce mercury levels possibly found in fish, since the metal is bound to the flesh rather than the fat.**

This advisory is intended to inform the public about the possible risks of eating unrestricted amounts of some fish from the Ohio River. The monitoring of tissue residue

levels in fish from the Ohio River is an ongoing program of the state agencies in cooperation with ORSANCO.

- *extracted from a June 13, 2001 news release written by Gil Lawson, Office of Communications*

CABINET FOR HEALTH SERVICES ADVISES AGAINST CONSUMING FRUITS AND VEGETABLES EXPOSED TO FLOODWATERS

The Food Safety Branch of the Cabinet for Health Services advises people not to eat garden vegetables that have come into contact with recent floodwaters.

"Flash flood waters may contain any number of chemicals, cleaners, fuels, toxins as well as raw untreated sewage," said Guy Delius, Manager of the Food Safety Branch for the Cabinet.

Any fruits and vegetables that have come into direct contact with floodwaters should not be consumed, and raw fruits and vegetables that did not come in contact with the floodwaters but may be located in close proximity to flood areas should be thoroughly washed and peeled or cooked before use.

If you are in doubt about any food's safety, discard it. If you have any further questions regarding food safety please contact the Food Safety Branch at (502) 564-7181.

- *extracted from an August 24, 2001 news release written by Gwenda Bond, Office of Communications*

Staff Spotlight

A Kentucky Experience: Advancing Child Care Health Consultants

Less than one year after the implementation of the training program for the child care health consultants (CCHC's), Kentucky has 79 trained CCHC's available to child care facilities and staff through local health departments. The need for CCHC's was initially recognized at the county level. The opportunity arose for the Lexington-Fayette County Health Department's Healthy Start in Child Care program (Healthy Start) to emerge as part of the Governor's Early Childhood Initiative - Kentucky Invests in Developing Success (KIDS NOW). The road we took to provide health and safety services and in pursuit to quality child care goals are described here.

In 1991, Dr. John Poundstone, the Health Commissioner of the Lexington-Fayette County Health Department (LFCHD), recognized a Shigellosis outbreak in child care facilities and elementary schools, requiring intense refocusing of agency's staff efforts to control the spread of the Shigella diarrhea. This outbreak was published in the CDC MMWR, June 26, 1992, Vol. 41, No. 25 and the American Journal of Public Health, June 1995, Vol. 85, No.6, based on the findings of an investigation by the LFCHD and the Kentucky Department for Public Health Services to assess the impact of day care attendance on community wide shigellosis. After this experience, the LFCHD's Division for Community Nursing searched for funding to target out-of-home facilities and child care providers

for a structured health consultation services on health, nutrition and safety goals.

Our success began in 1992 with collaboration and financial support from Dr. Patricia Nichol's program staff of the State Adult and Child Health Services Division (ACHD). The LFCHD implemented Healthy Start program by targeting initially 30 voluntary child care facilities affiliated with businesses, associated with churches, for profit and non profit, and government agencies. These are the accomplishments of Healthy Start:

- Local health services and activities include regular site visits to child care facilities, health education classes, newsletters for child care employees and parents, an annual regional workshop in collaboration with a referral and resource agency, and health and nutrition consultations.
- In 1992 we established the Child Care Health Services Advisory Council for child care and technical assistance, comprising of a majority from child care facilities, a physician, a parent, a Head Start director, and representatives from academia.
- Since 1993 the statewide services include the 1-800-4KY-KIDS for health and nutrition consultations, publication of the quarterly newsletter inserted in the LINK in collaboration with the State Division of Child Care (DCC), provision of staff speakers and exhibits

- promoting child care health and safety education at regional conferences and workshops, and health education materials for distribution and use of other training agencies and health departments.
- In 1993 we provided assistance to the DCC with the development and implementation of the health, nutrition, and safety sections of the Train-the-Trainer Program, a curriculum for child care providers.
 - In 1995 Healthy Start initiated the first annual Child Care Provider Appreciation Day as proclaimed by the Governor of Kentucky.
 - In 1996 Healthy Start implemented "Fun Play in Safe Areas" with the Community Integrated Services Systems (CISS) funding to focus on playground safety. Overwhelming results occurred: facilities voluntarily removed hazardous equipment, improved the playground layout, and raised funds for new replacement equipment.
 - In 1998 an annual CISS Conference in Lexington was held to promote child care health issues and playground safety. Conferences thereafter addressed CCHC's and mental health issues.
 - In 1999 we implemented the child care health consultant training program, based on the

model of the National Training Institute for Child Care Health Consultants (NTICCHC) at Chapel Hill, N.C. in collaboration with the State ACHD.

- In 2000 the Governor's Early Childhood Initiative (KIDS NOW) legislation passed. With support from the Director of ACHD, Dr. Steve Davis, Healthy Start is one of the strategies for "Enhancing Early Care and Education" as well as a support system for Kentucky's Childcare Quality Rating System known as STARS for KIDS NOW. About 25% of Kentucky's Phase 1 Tobacco Settlement dollars is funding KIDS NOW.
- In 2001 Healthy Start in Child Care in Kentucky is participating in the CCHC National Evaluation with the NTICCHC.
- Establishment of a Web site for Healthy Start is in process with the State Department for Public Health.

We are excited with the positive collaboration between health, education and social agencies; increasing communication and linkages between the child care staff and child care health consultants; increasing access to child care facilities; and the sharing of newly developed educational and training materials among the child care health consultants.

- submitted by Toni Ellis,
Lexington-Fayette County Health
Department

Starting Out Right, and Healthy:

Research has shown strong evidence to emphasize the importance of the first few years of life on our intellectual, emotional and social health and on the importance of establishing positive health behaviors early in life. With this in mind, Governor Patton has launched a major new initiative, KIDS NOW (KY Invests in Developing Success). The Barren River District Health Department (BRDHD) has several important roles under this initiative.

Implemented in July 2000, "Healthy Start in Child Care" is one exciting new KID NOW program, targeting the almost 6,000 children in our district who are enrolled in child care centers and after-school programs. The program is designed to provide child care health consultants in the local health department to assist and advise childcare centers in issues of health, safety and nutrition issues that impact the quality of childcare.

Healthy Start Child Care Health Consultants have completed intensive training based on the standardized curriculum of the National Institute for Child Care Health Consultants. The BRDHD's two Healthy Start consultants (Eva Graham, R.N. and Sheila Atwell, R.N.) serve approximately 126 child care centers, including family child care homes.

High priority issues for training of child care staff are control of communicable diseases, injury

prevention and good nutrition. The consultants also conduct trainings for CPR and First Aid certification, something they have found to be a high need area.

This spring a Child Care Workshop hosted by the BRDHD had 177 attendees from the eight-county area. The keynote speakers were Robert Kuhn, Pharm.D., Vice Chair and Professor at the University of KY College of Pharmacy and Mike Cavanah, Department for Public Health. Other speakers were Debbie Colburn (Montessori Instructor), Sherri Meyer and Taylor Tucker (WKU Child Care Resource and Referral Agency), Glynda Stone, R.N. (Area Health Education Center), Tonya Simpson, R.N. (First Steps), and BRDHD employees Teresia Huddleston, R.D. and Marcheta White, Registered Sanitarian. This workshop was a "labor of love" for Eva and Sheila, who put many days of work into preparing for the daylong event.

Equally exciting to our staff is the opportunity to work in partnership with childcare centers to educate parents on preventive health issues. Our consultants provide classes for children on basic health topics such as hand washing, dental care, and tobacco. Soon, parents will receive preventive health newsletters and other written health information and will be able to participate in "parents night" group sessions.

Our program is also participating in a three year national study conducted by the University of North Carolina at Chapel Hill School of Public Health and Department of Maternal and Child

Health. Our consultants complete daily encounter forms, which reflect all activities performed each day. Participating in the National Study will enable the BRDHD Healthy Start Program to receive feedback which will assist with the evaluation of their Healthy Start Program.

BRDHD "Healthy Start" nurses can play an advocacy role for parents and children. As outside health consultants, they can be a resource for everyone. They can also serve as the communication link between parents and childcare providers. Good communication ensures that everyone is well-informed and working in collaboration to foster good health now and for years to come.

- *submitted by Jenny Thomas,
Barren River District Health
Department*

LIVE Coalition:

When you talk about immunizations, you are talking about an area of core public health that is synchronized with statutory and regulatory provisions designed to improve the overall health of the public and to prevent the spread of disease. Historically, the importance of immunizations in reducing deaths and disease extol their virtue. When immunization rates began to decline, public health officials became concerned. That is exactly what happened to spark the creation of a coalition called LIVE (Let's Immunize Very Early).

In 1997, when Kentucky's immunization rates had dropped, the Barren River District Health Department's (BRDHD) SAPO Team One organized an alliance to improve immunization rates in

their county with the creation of the LIVE Coalition.

The Warren County Health Department, the BRDHD Communicable Disease Team, the BRDHD Health Promotion Team, Greenview Hospital, the Medical Center at Bowling Green, AHEC (Area Health Education Center), KY State Immunization Program, First Baptist Church Day Care, and a community parent representative came together to compose this alliance. Their goal was to improve immunization rates in Warren County and to educate the public and health care providers about the importance of immunizations. The group's focus was at first on childhood immunizations, but now they reach out to all ages.

SAPO (Surveillance, Assessment, Planning, & Outcome) is a community-based health improvement team that works directly with organizations or community groups to intervene in matters of public health and safety. SAPO Team One is assigned to Warren County.

SAPO Team One was distinguished from the ordinary when they won the 1999 Merck Award in recognition of their contributions to immunizations via the LIVE Coalition. Merck Pharmaceuticals presented only two of these awards in Kentucky for innovative efforts to improve immunization rates.

The award came with a large commemorative plaque with a replica of the vaccine exhibit that is included in the national millennium time capsule, which was unveiled by then-President

Clinton at the opening Ceremonies of the National Millennium Celebration in Washington, D.C. on December 31, 1999. The Merck Pharmaceuticals Vaccine Division acknowledged the SAPO Team with these words: "We... are pleased to honor the efforts of organizations such as yours, dedicated to public health, without which achievements of this magnitude would not have been possible."

In the past, LIVE partners promoted the health department's Shoot-The-Flu Clinics to bring in more adults for influenza immunizations. Last year, however, the flu vaccine shortage/delay halted most flu clinics.

The coalition also used baby bibs to promote immunizations. Try to envision a baby bib with the word "LIVE" printed on it. They are probably collectibles by now. During Infant Immunization Week in 2000, LIVE gave all newborns at both Warren County hospitals the LIVE Baby Bib, and their parents received information about immunizations. This year they distributed LIVE Sippy Cups.

By law, day care centers are to keep a current immunization certificated on file for all children in their care. However, LIVE found that many certificates were not up to date and some were not even there. So LIVE started problem solving by surveying Warren County day care centers.

The survey revealed that providers found it difficult to obtain a copy of the certificate because parents didn't have time to get the paperwork done. There were

complaints that health care providers and parents' workplaces kept relatively the same hours, making it difficult for parents to obtain a certificate.

LIVE came to the rescue with a simple yet modern idea—"a release of information form," already routinely used to transfer medical information among health providers. When day care centers were supplied with these forms, all the parent had to do was sign the form at the day care center. The form was then sent to the health care provider and the information was sent back to the day care center. This is bureaucratic problem solving at its zenith.

SAPO One continues to coordinate the meetings and scheduling for LIVE. They schedule Continuing Education Programs for nurses and physicians, who attend from throughout the region, not just Warren County. They also arrange for the Center for Disease Control and Prevention (CDC) to provide speakers for these events.

SAPO One's working relationship with the CDC began when they contacted the CDC for assistance with the immunization coalition when it was just an idea. The CDC's Valerie Morelli flew into Bowling Green with lots of ideas and materials to leave with the team.

Morelli is not the Deputy Chief of the CDC's National Immunization Program and continues to speak at SAPO's CEU Programs. Several other CDC speakers like Dr. Sharon Humiston also participate. Morelli was thrilled that LIVE won the Merck award because LIVE is "one of her babies."

The successful outcomes of LIVE are measured with CASA (Clinic Assessment Software Application), the CDC's program that collects data on immunizations. From an 18-month period that began in 1998 and ended in 2000, the immunization rates in Warren County improved overall by 6%. Some individual pediatric practices, however, saw rates improve far beyond 6%.

LIVE has been so successful that Merck Vaccines partners with them on various ventures. Just recently, Merck gave the coalition enough money to run two ads for 26 weeks at the new Great Escape Theatre in Bowling Green. The ads inform the audience about the new immunization requirements and also about services at the Barren River District Health Department.

SAPO One Team Leader Lynn Hulsey says that the health department spends no money on LIVE. The money to keep LIVE going comes from the coalition members and through donations from organizations such as Merck. The cost benefit analysis of SAPO One Team Members Ann Bray, Gracia Pruitt, Ed Adams, Denise Boyd, Brenda Iler, and Lynn Hulsey are magnanimous.

When you talk about immunizations, you are talking about LIVE; it's core public health reaching out to the community instead of waiting for the community to come to them.

- submitted by Cheryl Poe, Barren River District Health Department

May-June 2001 Awards

NKIDHD Staff:

Darlene Lageman, R.N., C.D.E. was chosen "Health Professional of the Year" by the American Diabetes Association (ADA) of the Southwest Ohio and Northern Kentucky Area. She was honored for her continued support toward the conquest of Diabetes by being instrumental in coordinating diabetes support groups for adults and for children. Darlene coordinates the Health Department's adult diabetes support groups meeting at the Boone County Health Center the third Friday of the month and one just starting, at the Campbell County Extension Office, the third Thursday of the month. She recently collaborated with the Campbell County School System to initiate a support group for children that will involve teens with diabetes, providing support to younger children with diabetes. On a daily basis, Darlene provides individual diabetes counseling at all four of the Health Department's county health centers. The Northern Kentucky Independent District Health Department still remains the only health department in the nation to qualify and be recognized by the ADA for a quality diabetes education program.

Peggy Patterson, M.Ed., R.D. was honored with a "2001 Bronze Quill Award of Excellence" from the Greater Cincinnati International Association of Business Communicators for her January 27, 2001 health article published by the *Community Recorder* Newspapers. The title of the column was "Focus on Health: Happy, Positive People Do Live Longer." Peggy writes regularly

monthly or bi-monthly articles for the *Community Recorder* Newspapers as the Public Health Information Manager of the Health Department.

- submitted by Peggy Patterson,
Northern KY Independent District
Health Department

Training Tidbits

RTC Training Courses – FY02

The Emory University Regional Training Center, Atlanta, GA, will provide fourteen (14) course offerings during fiscal year 2002 (July 1, 2001– June 30, 2002). The new schedule of RTC offerings will be published soon. After the schedule is out, *any LHD employee wishing to attend an offering should contact their District Training Contact or LHD Administrator for course content and a registration form.*

You may contact Ms. Sandy Williams with any other questions regarding RTC opportunities at 502-564-4990.

Video / Audio Tapes ALERT:

If you have any outstanding video or audiotapes on loan for more than three weeks, please return them to me at the address given in the Editor's Note. Thank you for your cooperation.

EDITOR'S NOTE:

Please submit articles, staff spotlight nominees, or suggestions for the newsletter to:
Sandy Williams, Editor
DPH – Training Branch
275 East Main St. HS1W-C
Frankfort, KY 40621
E-mail:
sandya.williams@mail.state.ky.us
502-564-4990
502-564-2556 (FAX)

UPPER REACH (Mouth of Big Sandy to Markland L & D)

Species	General Population	Special Population
Paddlefish (and eggs)	6 meals / year	No consumption
Carp	1 meal / month	6 meals / year
Channel catfish-Greater than (>) 21"	6 meals / year	No consumption
Channel catfish-Less than (<) 21"	1 meal / month	6 meals / year
Smallmouth buffalo	1 meal / month	6 meals / year
White bass	1 meal / month	6 meals / year
Drum	1 meal / month	6 meals / year
White crappie	Unlimited	1 meal / week
Hybrid striped bass	1 meal / month	6 meals / year
Sauger	1 meal / week	1 meal / month
Flathead catfish	1 meal / week	1 meal / month
Black basses (largemouth, etc.)	1 meal / week	1 meal / month

MIDDLE REACH (Markland L & D to Cannelton L & D)

Species	General Population	Special Population
Paddlefish (and eggs)	6 meals / year	No consumption
Channel catfish >21"	6 meals / year	No consumption
Channel catfish <21"	1 meal / month	6 meals / year
Carp	1 meal / month	6 meals / year
Hybrid striped bass	1 meal / month	6 meals / year
White bass	1 meal / month	6 meals / year
Drum	1 meal / month	6 meals / year
Sauger	1 meal / week	1 meal / month
Black basses	1 meal / week	1 meal / month
Flathead catfish	1 meal / week	1 meal / month

LOWER REACH (Cannelton L & D to Mouth of Ohio River)

Species	General Population	Special Population
Paddlefish (and eggs)	6 meals / year	No consumption
Channel catfish	1 meal / month	6 meals / year
Carp	1 meal / month	6 meals / year
Blue catfish >14"	1 meal / month	6 meals / year
Blue catfish <14"	1 meal / week	1 meal / month
Drum	1 meal / month	6 meals / year
Hybrid striped bass	1 meal / month	6 meals / year
Sauger	1 meal / week	1 meal / month
White bass	1 meal / month	6 meals / year
Black basses (largemouth, spotted)	1 meal / week	1 meal / month
White crappie	Unlimited	1 meal / week
Bigmouth buffalo	1 meal / week	1 meal / month